

# Daytime Potty Training with Jessica Redland: A Comprehensive Guide to Success

Are you ready to embark on the potty training journey with your little one? Daytime potty training can be a daunting task, but with the right guidance and a proven method, you can achieve success without the stress.



## 3 Day Potty Training by Jessica Redland

★★★★☆ 4.1 out of 5

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## Meet Jessica Redland: Your Potty Training Expert

Jessica Redland is a renowned potty training expert with over 20 years of experience. Her gentle yet effective approach has helped thousands of parents potty train their children in a positive and empowering way.

In this comprehensive guide, Jessica Redland shares her groundbreaking potty training method, tailored specifically for daytime training. Get ready to learn the secrets of a successful potty training journey.

## Step 1: Assess Readiness

Before you start potty training, it's crucial to assess your child's readiness. Look for these signs:

- Your child stays dry for at least two hours during the day.
- They show interest in using the potty or toilet.
- They can follow simple instructions.
- They are able to pull their pants up and down independently.

## **Step 2: Choose a Potty Training Method**

Jessica Redland's preferred potty training method is the "3-Day Potty Training." This method involves:

- **Day 1:** No diapers or underwear. Use a potty every 15-30 minutes and encourage your child to sit on the potty every hour.
- **Day 2:** Same as Day 1, but try to extend the time between potty breaks to 30-60 minutes.
- **Day 3:** Offer your child a potty break every hour and start introducing underwear or training pants for short periods.

## **Step 3: Potty Training Essentials**

To ensure a smooth potty training experience, gather these essential items:

- A potty chair or toddler toilet seat
- Training pants or disposable underwear
- A step stool
- A reward system (e.g., sticker chart, small toys)

## **Step 4: Set Up a Positive Experience**

Potty training should be a positive and fun experience for your child. Here's how:

- Make the potty chair or toilet a special place. Decorate it with stickers or add a favorite toy.
- Read books about potty training and sing songs related to using the potty.
- Use positive reinforcement (e.g., praise, hugs, stickers) to motivate your child.
- Avoid punishment or negative reactions if your child has accidents.

## **Step 5: Handle Accidents with Grace**

Accidents are a normal part of potty training. When they happen, stay calm and don't scold your child.

- Clean up the mess calmly.
- Remind your child where the potty is.
- Encourage them to go again.
- Don't make a big deal about it and move on.

## **Step 6: Nighttime Potty Training**

Nighttime potty training typically takes longer than daytime training. Be patient and follow these tips:

- Limit fluids before bedtime.

- Use a waterproof mattress protector.
- Wake your child up once or twice during the night to go to the bathroom.
- Praise your child for staying dry at night.

Daytime potty training with Jessica Redland's method can be an empowering and rewarding experience for you and your child. Remember to stay positive, be patient, and celebrate every success. With the right approach and guidance, you can achieve daytime potty training success and help your child take a significant step towards independence.

**P.S.:** Don't hesitate to reach out to a professional potty training consultant if you encounter any challenges along the way. Jessica Redland offers personalized support and guidance to ensure a successful potty training journey for every family.



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